

August

# NEWSLETTER

2006

A RECREATION CENTER FUNDED AND OPERATED BY MURRAY CITY DEDICATED TO ENHANCING THE QUALITY OF LIFE FOR ADULTS AGE 55+.

## Services Offered

□  
Arts & Crafts  
□  
Cultural Programs  
□  
Daily Lunch  
□  
Educational  
□  
Exercise  
□  
Health Services  
□  
Information &  
Referral  
□  
Recreation  
□  
Socialization  
□  
Transportation  
□  
Travel  
□  
Volunteer  
Opportunities  
  
Open Monday  
through Friday  
8:00-4:30

## Director's Report by Susan H. Gregory

It's no news flash that we're all aging. My daughter turned 16 last month and I continue to tell her that the things she does today will affect the way she lives in 50 years. I believe this for any age. The things a person does at 70 today will affect their quality of life at age 71 next year. Our everyday current choices can affect how we continue to age. In their book *Successful Aging*, J.W. Kahn and R.L. Rowe identify three components of successful aging: lowering the risk of disease and disability, maintaining high levels of mental and physical functioning and engaging actively in the community. All three of these components can be found at the Heritage Center and I'm a firm believer that taking advantage of these opportunities will help a person prolong independence, assist with quality of life, and provide for successful aging! We all want to enjoy health and happiness as we age and we all have choices in our life as we age. Take advantage of the opportunities at the Center to improve the quality of your life as you age. I'm sure you've heard the stereotype "seniors are set in their ways." Prove everyone wrong and step out of your comfort zone and try something new. It's never too late to start exercising, it's never too late to learn something new, it's never too late to meet a new friend or start to volunteer. Take advantage of the new things offered at the Center and improve your quality of life! Next month we are starting a hiking group, writing class, computer class, pottery class, and tai chi class. I would like to see all of these classes full! So join the club, the successful aging club, and take advantage of the many opportunities at the Center. And if we don't have something that interests you, let us know, we'll get it! Happy aging — **Susan Gregory**

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INSIDE THIS ISSUE ARE DESCRIPTIONS OF UPCOMING PROGRAMS, CLASSES, AND SERVICES.  
KEEP THIS COPY AS A REFERENCE FOR YOURSELF AND OTHERS. ONE COPY PER FAMILY PLEASE.

DONATIONS TO HELP COVER THE COST OF THIS NEWSLETTER ARE APPRECIATED.

## Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication.

Rates, based on a one issue insert:

\$200 full page

\$100 half page

\$50 1/4 page

\$25 1/8 page

Multi-issue discounts are available. Request a rate card by calling or writing the Center:

Heritage Center  
#10 E. 6150 S.  
Murray UT 84107  
801/264-2635  
fax 801/685-9140

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Personal notices are charged the rate of 50¢ per line per issue.

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## Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need. □

## Heritage Newsletter

This newsletter is produced monthly by the Heritage Center staff and is available to center participants. Donations are appreciated to cover the cost of printing. The Heritage Center is funded and operated by Murray City.

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## ***Heritage Center Staff:***

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SUSAN H. GREGORY

### Program Coordinator

GEORGE FENSTERMACHER

### Program Coordinator

DAVEEN HAWS

### Secretary

SHARON CANTONWINE

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CINDY MANGONE

### Meals Supervisor

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### Meals Assistant

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### CUSTODIAN

DAVE LINDORFF

### Vehicle Driver

LOWELL HART

### Building Attendant

SHIRLEY FLOYD

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## ***Heritage Advisory Board***

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NITA SCHULTZ, RON WATTS,

BARBARA WOOLSEY, LEDA WRIGHT

LUCY ZUMBRUNNEN

*Appointments Requested*

## Notary Available



Susan Gregory, Heritage Director, is a Notary and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged. □

## Stamps/Copies/Shredder

The Front desk has stamps for sale by the book or a single stamp. You can also get a copy made at the front desk for 10¢ per page. Copies are limited to 10. A shredder is available in the computer room and is available anytime classes are not in session. □

## Gifts

Gift certificates are available for any program offered at the Center. A one day notice is needed for gift certificates. If your son, daughter, grandchildren, or friends don't know what to give you for your birthday, suggest a gift certificate, a credit on your Heritage account, or a week supply of lunch coupons. □

## Credit Cards



The Heritage Center accepts Visa and Master Card for activity payments at the Center. Credit cards may be used to make reservations for classes and activities over the phone or in person. Debit cards are also accepted. □

# COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS

## Computer Classes

The computer lab has 6 personal computers with Windows XP, CD burner, Microsoft Word, Corel Word Perfect and Internet access.

Computers are available during open lab time when classes are not scheduled. There is no charge to use the computers during open lab time. Most classes are 1.5 hours.



## Basic Computer I

This class is for the beginner. Learn how to move around in windows as well as basic concepts. **Mon., Tues., Thurs., Aug. 14, 15, 17, 21, 22, 24 at 10:30.** Cost \$30.

## Genealogy

Learn the basics of getting started with your family history using the Personal Ancestral File (PAF) a free genealogy and family history program. Learn about the PAF program, how to enter data, how to search for names, other resources, and how to organize information. You must be familiar with a computer, typing, and navigating windows before signing up for this class. Sign interest sheet.

## Basic Email

Set up a free email account using Yahoo. Prerequisites: Persons must have taken Basics I or be fa-

miliar with using a mouse and navigating around Windows. Cost is \$15 for 3 classes. **Mon./Tues./Thurs. August 28, 29, 31 at 8:45.**

## Basic Internet

Prerequisites: Persons must have taken Basics I or be familiar with using a mouse and navigating around windows. \$15 for 3 classes. **Mon./Tues./Thurs. August 21, 22, 24 at 8:45.**

## Intro to Scanner

Volunteer Gordon Gutke will demonstrate how to use the scanner in the computer room. Free. Registration limited. **Fri., August 11 at 10:00.**

## Excel

Learn the basics of Microsoft Excel in this four week class. Cost is \$20. Must be familiar with windows. **Tues./Thurs., August 22, 24, 29, 31 at 12:30.**

## Keyboarding \*New\*

Want to learn how to type better? Take this six week keyboarding class. Sign interest sheet.

## Greeting Cards

Learn the basics found in most greeting card programs with volunteer instructor Wilma Jepperson. This class is free. Sign up is limited.

Choose **Mon., August 14 or or Wed., Aug. 30 at 12:30.**

## Music

Did you know you can purchase your favorite song for .99¢ and compile your own CD with favorite selections? Cost is \$5 and include a CD with 2 favorite songs. **Thurs., August 17 at 12:30.**

## Computer Lab

The Computer Lab is for anyone who would like to surf the web, practice what they've learned in class or those who just need access to a computer. The lab is open **Monday through Friday** when classes are not scheduled. Volunteers on hand on Wednesday (Glen) & Friday (Gordon) from 9:30-11:30. Internet access is available.

## HUGS - Heritage User Group for Seniors

The Heritage User Group for Seniors (HUGS) would like to invite you to attend the monthly meeting on **Wednesday, August 9 at 1:30.** Thank you Tom Manak, HUGS volunteer, for arranging the great speakers.

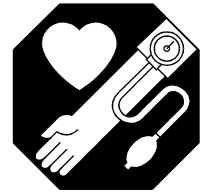
The group meets every month on the second Wednesday of the month at 1:30 p.m for a presentation, door prize and swapping information. The cost to join the club is \$10 per year. □





## HEALTH SERVICES

Blood Pressure & Glucose Checks  
Every Thursday - 10:00-12:00



### August Clinics

Chronic Conditions Workshop  
**Thursday Aug. 3, 10, 17, 24, 31  
@ 3:00**

Toenail Clipping  
**Thursday August 3 @ 9-10:30**

Skin Cancer Screening  
**Thursday Aug. 10 @ 10-12 Noon**

Blood Testing  
**Thursday Aug. 17 @ 9-12 Noon**

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### Toenail Clipping Thursday, August 3

**Thursday, August 3** is the Center's next toenail clipping clinic. All those who are 55 years or older (except diabetics and those on blood thinner) are welcome. Applegate Home Care will be coming every other month from 9-10:30. The fee is \$5.00 a clipping. Appointments are required, and can be made at the front desk. Payment is due when you make the appointment. □

### Skin Cancer Screening Thursday, August 10 at 10:00

Dr. Rolfe Horsley from IHC will be here on **Thursday August 10 at 10:00** to do skin cancer screenings. Appointment are required, and can be made starting July 27. This is a free screening.

At the current rate, one out of every 105 Americans born in 1991 will develop malignant melanoma during his or her lifetime. In contrast, the estimate in 1935 was only one in 1,500. This increase reflects the fact that the incidence of malignant melanoma is increasing at a rate greater than that of any other cancer.

Most skin cancers are highly curable. They are more common among women with lightly pigmented skin. Other factors that increase an individual's risk for melanoma include blue, green, or gray eyes; blond or red hair; light complexion, freckles, sun sensitivity, and an inability to tan. Other risk factors include family history of melanoma, a personal history of non melanoma skin cancer or pre cancer.

Warning characteristics can be easily remembered by the mnemonic ABCD. A=Asymmetry. The shape of early malignant melanoma is often asymmetric. B=Border irregularity. The borders are often irregular in early malignant melanomas. C=Color variegation. Malignant melanomas are usually tan and brown to black, sometimes intermingled with red and white. D=Diameter generally greater than six millimeters. The diameters of malignant melanomas are often six mm or larger when first identified.

The combination of routine physician examination coupled with self examination of the skin provides an opportunity for the identification of early malignant melanoma. Removal of such thin lesions can significantly reduce the ever increasing mortality rate from this potentially serious form of cancer.

When doing self examination, make sure you check every inch of skin. Make sure to include your hands. Look at the palms, fingers, and the spaces between your fingers. Do not forget your feet. Look at the top of your feet, the toes, toenails, and the spaces between your toes. Another forgotten area to check is your scalp. Use a blow dryer to lift the hair up off the scalp so you can check. □ □

## Blood Testing-Thursday August 17, 9-12

Blood testing will once again be offered August 17 at the Heritage Center, and will be by appointment only. Appointments can be made starting August 3. IHC will only draw your blood on the 17, so that specific tests can be ran in the hospital lab. It is your choice what you want to be screened for. Among your choices are a Comprehensive Metabolic Panel (testing sodium, and potassium levels etc.), Cholesterol, Complete Blood Count, Prostate, as well as your Thyroid. Cost for these test are available at the front desk with a range from \$10.00-\$45.00. Payment is made the day of testing and should be made out to IHC.

Cholesterol is one of the fat-like nutrients that is transported in your blood. It helps to build cell walls and make hormones. Excess cholesterol enters in our blood stream when we eat foods that contain cholesterol such as meats and dairy products. Cholesterol becomes trapped on the coronary arteries and builds up over time when too much cholesterol is in our blood stream. That clogged artery will not let nutrients and oxygen through to the heart. With out the nutrients and the oxygen, the result is chest pains, heart attack, or sudden death.

If your blood cholesterol level is above 200 mg/dl, you should begin to make some changes to bring your cholesterol level down. The two most important steps you can take to lower your blood cholesterol are to reduce your intake of foods high in saturated fat and to lose weight if you are overweight. A person can lower their cholesterol by 15-20 percent in two weeks by diet alone. This will lead to a 30-50 percent reduced risk of heart disease.

Foods that are high in saturated fat include beef, whole milk, most cheeses, lunch meats, pork (ham, sausage, bacon), butter, nondairy coffee creamer, and ice cream. Some better alternative include turkey and chicken breast, fish, skin milk, 1% cottage cheese, margarine, pasta, rice, and popcorn.

Other potential problems evaluated by blood testing include bone disorders, like osteoporosis, kidney and liver functions, gallbladder disease, dehydration, red blood cell disorders, and prostate cancer. Who is at risk for cancer? The answer is everyone. According to the American Cancer Society, in the United States 1 in 2 men and 1 in 3 women have a lifetime risk of developing cancer. In 1997 there were 2,130 deaths among Utahans due to cancer. In 1999 it was estimated that 100 of those deaths were from prostate cancer. For more information on cancer call the American Cancer Society at 1-800-227-2345 or the National Cancer Information Service at 1-800-4CANCER. □

## Massage Therapy Has a New Time Slot - Fridays 9:00-12:00

Massage Therapy will have a new time slot starting Friday August 25. It will now be from **9:00-12:00**. Appointments are required and can be made up to two weeks ahead of time. The cost is \$8 for fifteen minutes, \$16 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be made 24 hours in advance for a refund.

Thelma L. Baker is a licenced massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you. □

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## Calorie Cutter

Here's another reason to boost fiber intake: It helps reduce the calories your body absorbs from what you eat. In a recent study, women and men who doubled their fiber consumption absorbed 90 and 130 fewer calories a day, respectively. (Source: United States Department of Agriculture)

# EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE

## AEROBICS-LOW IMPACT

### **Tuesdays & Thursdays**

9:00-10:00

Becky Clark - instructor

\$12 per month or \$2.50 per class

## STRENGTH CONDITIONING

### **Tuesdays & Thursdays**

2:00-3:00

\$15 per month or \$10 for repeats

Newcomers must attend the orientation at 1:30 on August 1

## TAI CHI begins Aug. 15

### **Tuesday & Thursday**

10:30-11:00

\$10 per month or \$1.50 per class

## CHAIR A-ROBICS

### **Wednesdays and Fridays**

11:15-11:45 Free

Lucy Tibolla - instructor

## YOGA

### **Wednesdays 10:15-11:15**

Jane Wallace and Lili Field - instructors

### **Fridays 9:30-10:30**

Jamie Pond -instructor

\$15 per month OR \$2.50/class

## NIA

### **Mondays & Wednesdays**

9:00 - 10:00

Julie Rider -instructor

\$20 per month or \$3 per class

## OPEN EXERCISE ROOM

### **Open for use daily**

\$5 per month or \$1 per visit

Visit 8 times in one month and get one month free! Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

## LINE DANCING

### **Tuesday Beginners**

2:00-3:00

### **Tuesday Everyone**

10:15-11:30

Shirlene Lundskog - instructor

\$1.50 per class

## NEW CLASSES?

Do you have any requests for exercise classes? Let the front desk know what type of class you would like to see.

## **New Tai Chi to Start**

### **Aug. 15 at 10:30**

Tai Chi classes are being formed once again. Cost for this class will be \$10:00 a month, or \$1.50 a class. Class will be held **Tuesday and Thursday from 10:30-11:00.**

Come and try Tai Chi, the ancient Chinese form of exercise that literally millions of people do every morning. Tai Chi is quiet gentle and soothing to the body. It helps build the cardiovascular system, helps lower blood pressure and helps strengthen the heart while you glide through your workout.

The classes consisting of Tai Chi exercise and the Tai Chi form will be taught by Michael Dusserre. He is a retired computer system analyst and has enjoyed practicing the ancient art for its health benefits in the past several years, and is currently studying Tai Chi under Master Cheng Tsang Lu in South Salt Lake.

Tai Chi focuses on relaxation and slow methodical movement as in Chase the Tiger, Peacock Fans his Tail and the Lady in Jade Catches the Butterfly. □

## **Aerobics**

Aerobic is a fancy word for needing oxygen. Aerobic exercise is any kind of activity that makes your muscles use oxygen. When you do an aerobic activity you are bringing in oxygen to all of your muscles. This causes your heart to become stronger. The actual number of blood cells increases so the blood can carry even more oxygen. Even your blood moves more easily through the blood vessels. All of these things means that your body works more efficiently to keep you healthy. You will also find that exercising becomes easier, and physical activity becomes less tiresome. Join our Aerobic class every **Tuesday and Thursday from 9-10.** Do not forget that your heart is a muscle, and that it looks to you for the aerobic exercise it needs. □

The stretching class is taking a summer break, and will resume on Thursday's in September!

## EXERCISE...EXERCISE...

### Hiking Group

The center is starting a new hiking group for the active participant. The group meets every **Thursday** at **7:30 AM** to explore the beautiful mountain trails we have in the Wasatch area. Russ Mandeles is the volunteer leader for the group.

If you plan to hike with the group, just a couple of reminders: bring a hat, wear your sunscreen and mosquito repellent, bring plenty of water, and bring a snack. Make sure you have a good pair of hiking boots or quality athletic shoes, and a light jacket depending on the weather. You might want to also think about bringing some type of walking stick. The schedule for August will be as follows:

August 3-Mill Creek Pipeline Trail. Approximately 5.5 miles. Easy.

August 10-Clear Creek canyon to the Meadows (just above Little Dell Reservoir, Parleys Canyon, Hwy 65). Approximately 2.5 to 3.0 miles in and out. Easy to Moderate.

August 17-Silver Fork Canyon to Wasatch Mine. Approximately 4 to 5 miles. This is a more difficult hike with a rise of about 1,000 feet and approximately 4 to 5 miles.

August 24-Upper Mormon Trail. The rise is about 1,200 feet. The group will either hike from the top down which is more moderate, or go from the bottom up which is more difficult. There will be no hike on August 31. If you like the outdoors, please come and join the hiking group. Spread the word and bring a friend or a neighbor.□

## CLASSES...CLASSES...CLASSES...CLASSES...

### Creative Writing - Tuesday, August 22

A Creative Writing session is scheduled to start on **Tuesday, August 22**. This will be a six week class meeting on Tuesday afternoons at **3:00**. The class will be taught by Nicole Sheets, a second year doctoral student in the University of Utah's English department. The cost is \$5 and pre registration is required.

The class will be informally entitled the "Slices of Life." Sessions will not only talk about stories, but the nuggets of memory that resist story. Montana writer David James Duncan calls these nuggets "river teeth," a metaphor coined from his childhood name for the tree knots he'd find in rivers after the rest of the fallen tree had decomposed. Duncan continues: "there are hard, cross-grained whorls of human experience that remain inexplicable lodged in us, long after the straight-grained narrative material that housed them has washed away. Most of these whorls are not stories, exactly: more often they're self-contained images of shock or of inordinate empathy; moments of violence, uncaught dishonesty, tomfoolery; of mystical terror; lust; joy. These are our "river teeth" - the knots of experience that once tapped into our heartwood, and now defy the passing of time."

Topics such as sensory detail, vivid writing, the trouble and pleasures of memory, and the nurture of one's writing process will be covered. Class time will involve writing as well as reading and responding to each others' work.□

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### Inspirational Cinema

**Wednesday, August 9 at 2:00** the Center will be showing a full length film that will inspire, educate, heal and transform your life. Following the film, Samadhi Ishaya, a member of the International Society of the Ascension will lead the group in a discussion on the film.

August's movie will be "Indigo Evolution." This is a documentary exploring the Indigo children phenomenon with interviews of experts, parents, and the Indigo children themselves. Come and learn about the origins of the concept, as well as the implications and potential for humanity. 80min.□

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### Ceramics - Mon/Tues/Thurs. - 8:30-12:30

The ceramic class operates on Monday, Tuesday, and Thursdays from 8:30 to Noon and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced. The cost to participate is \$1 each time you attend plus supplies. □

## CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...

*Tuesdays at 12:30*

### **Craft Day - Come and Make a Clown!**

Over the past year several classes have been presented at the Center which focused on traditional hand-craft techniques including quilling, weaving, crocheting and others.

A small group of the students from these activities continue to meet on **Tuesday** afternoons at **12:45** to share their skills and knowledge of these crafts and chat about things that are important in their lives.

The featured project for August will be a clown doll. To see an example of the doll, look in the display cabinet located in the lobby. Cost for this class will be \$15. Pre registration is required, and must be made by Friday August 18. If you have your own glue gun and pinking sheers please bring them to class with you. This class will meet **Tuesday August 29 and September 12.**□

*Thursdays at 1:00*

### **Square Dancing Class**

The Center's Square Dance is an activity which features time for beginners (1:00-2:00) as well as dance time for the more experienced from 2:00 until about 3:00. The cost is \$1.50 per day and is paid when you arrive for the activity. The group's success depends on having several squares of dancers each week and several weeks will be dedicated to getting beginners familiar with basic dances and under the direction of our caller Don Carlton, a veteran of more than 40 years of conducting square dance classes and dances.

There is no need to register for this class, just join us each Thursday at 1:00 for the fun. Many dancers eat lunch at the Center, which begins at noon, and then participate in the afternoon's activity. The weekly lunch schedule is published on the back cover of this newsletter and procedures for signing up for lunch are also provided on that page. □ □

*Plan for Fall Class*

### **Driver's Safety Class**

Mark Tuesday & Wednesday, October 24 and 25 on your calendar and take the AARP Driver Safety Class at the Center.

This unique program for older drivers is eight hours of classroom instruction (12:30-4:30) that re-define existing skills and develop safe, defensive driving techniques. The class will be presented by John Tolson, an instructor for the American Association of Retired Persons. *Drivers Safety* teaches preventative measures to use when driving that saves lives and to learn about the effects of aging and medications on driving. Some insurance companies provide a premium discount for graduates of *Drivers Safety*.

Students must attend all 8 hours of class to receive certificate of completion. Sign up and pay \$10 at the front desk. Make checks payable to AARP. □

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## **Spanish Classes in September - Beginning, Intermediate, Advanced**

The Center's Spanish teacher, *Pat Woodall*, will return on **Wednesday, September 6**, to teach three levels of conversational Spanish. All classes are 50 minutes long. Beginning students will need to purchase the text book from Pat on the first day of class for \$20. Cost of instruction for each level is \$20 for 7 weeks of class and is paid in advance at the front desk. If enough register, class times for September 6 will be:

Intermediate Spanish- 9:10

Advanced Spanish - 10:00

Beginning Spanish - 11:00

Classes will continue throughout the year for those interested in advancing their skills. Sign up and pay in advance so we know if there is enough interest to run the class. Class sizes will be limited. □



## CLASSES...CLASSES...CLASSES...CLASSES

### Pottery CLASS

Instruction in the techniques of creating functional and decorative pieces of pottery and clay art will be presented by George Fenstermacher, Heritage Center staff member and proprietor of St. George Pottery and Back Yard Pottery Studios.

✿ **Class** will be held Thursdays 1-3pm Starting August 10th and continuing for 8 weeks.

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✿ **Wheel throwing** techniques include wedging, centering, throwing, trimming, decorating, glazing and firing of pieces such as mugs, tumblers, bowls, plates, pitchers, covered containers, and novelty items.

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✿ **Hand built projects** include pinch & coiled pots, slab techniques of slump molding, hump shaping, object wrapping to include candy dishes, wall hangings, sconces, bowls, mugs, and others along with skills in texturizing, decorating, glazing, and firing.

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✿ **Contents** of the class will include instruction, 30 minutes of wheel time each class period, open lab hours on Friday from 8:30 to 11:30am, bisque and glaze firings of all projects, use of the Center's pottery wheels, and 50 pounds of cone five studio clay.

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✿ **Fees** for this class are **\$35** and must be paid at the time of registration. Each student should have a basic clay throwing/building kit (**\$15**) which may be purchased at the time of registration. It will be most convenient if each student has a personal kit, but two students may share one kit if desired. A course syllabus will be provided.

Class size is limited to 8 students so sign up now and let's get started!

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## MISC...MISC...MISC...

*Friday, Oct. 13 - 10:00-8:00 p.m.*

### Fall Boutique

The Center is looking for vendors to participate in the Oktoberfest boutique. If you are a crafty person and would be interested in selling your items, applications and guidelines are available at the front desk. This is a fund raising event for the center. The cost is \$25 a table. All proceeds from your sales the day of the boutique will be yours to keep. There are a limited number of tables, sellers will be accepted on a first come first serve basis. Turn your application in today, and start preparing your crafts.

The Center will also have a table where they will be selling handmade crafts donated to the Center. Now is the time to start working on a project to donate to the Heritage Center table.

This would be the perfect opportunity to get a jump on Christmas shopping. Already we have vendors selling paintings, hand carved walking sticks, jewelry, makeup, scrap booking supplies, knit and crochet items, and stained glass. Join us for a fun day of shopping. □

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### Let's Talk

The reading and discussion series "Let's Talk" will resume in September. The group will meet on Monday, September 18 at 1:30. Watch the September newsletter for the name of the books and other information. □

# MONDAY

# TUESDAY

# August 2006 Heritage Center Events

Heritage Center  
#10 E. 6150 S.  
(west of State Street)  
264-2635

we are here to serve you

Monday-Friday  
8:00-4:30

8:30	Ceramics
9:00	Aerobics
9:30	Watercolor Lab
10:15	Line Dancing
11:00	Canasta
12:00	Lunch
12:45	Crafts Group
2:00	Strength Conditioning
2:00	Beginners Line Dance

8:30	Ceramics
9:00	NIA
12:00	Lunch

8:30	Ceramics
8:30	Wendover Trip
9:00	Aerobics
9:30	Watercolor Lab
10:15	Line Dancing
10:30	Ruth's Diner Trip
11:00	Canasta
12:00	Lunch
12:45	Crafts Group
2:00	Strength Conditioning
2:00	Beginners Line Dance

8:00 Golf - Round Valley  
8:30 Ceramics  
9:00 NIA  
10:30 Basic I  
12:00 NO Lunch  
12:30 Greeting Cards  
5:30 Dinner served until 7:00  
Advance Tickets needed  
7:00 FREE Family Concert  
Slick Rock Gypsies

8:30	Ceramics
9:00	Aerobics
9:30	Watercolor / Sundance
10:15	Line Dancing
10:30	Tai Chi Class / Basic I
11:00	Canasta
12:00	Lunch
12:45	Crafts Group
2:00	Strength Conditioning
2:00	Beginners Line Dance

8:30	Ceramics
8:45	Internet
9:00	NIA
10:30	Basic I
12:00	No Lunch
1:00	Mental Aerobics

8:30	Ceramics	
8:45	Internet / 9:00	Aerobics
9:30	Sweet Candy Co.	Trip
10:15	Line Dancing	
10:30	Tai Chi Class / Basic I	
11:00	Canasta	
12:00	Lunch / 12:30	Excel
12:45	Crafts Group	
2:00	Strength Conditioning	
2:00	Beginners Line Dance	
3:00	Creative Writing	

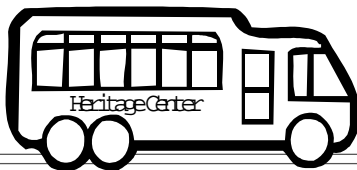
8:00 Golf - Bountiful Ridge  
8:30 Ceramics  
8:30 Pottery Lab  
8:45 Email  
9:00 NIA  
12:00 Lunch

8:30	Ceramics	29
8:45	Email / 9:00 Aerobics	
9:30	Watercolor Lab	
10:15	Line Dance / 10:30 Tai Chi	
11:00	Canasta	
12:00	Lunch / 12:30 Excel	
12:45	Crafts Group	
2:00	Strength / Line Dance	
3:00	Creative Writing Class	

WEDNESDAY	THURSDAY	FRIDAY
9:00 NIA 9:30 Pinochle 9:30 Computer Lab 10:15 Yoga 11:15 Chair A'Robics 12:00 Lunch 12:45 Bingo 1:00 Bridge	7:30 Hiking Group 8:30 Ceramics / Breakfast 9:00 Aerobics/Manicures 9:00 Toe Nail Clipping 10:00 Blood Press. & Glucose 12:00 Lunch / 12:45 Red Hatter 1:00 Square Dancing 2:00 Strength Conditioning 1:00 Chronic Cond.Workshop	9:30 Yoga 10:30 Brown Bag 11:15 Chair A'Robics 12:00 Lunch 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play 2:30 Payson Salmon Trip
9:00 NIA 9:30 Pinochle/Comp. lab 10:15 Yoga 11:15 Chair A'Robics 11:45 Keith Knowlden Volunteer of the month 12:00 Lunch/12:45 Bingo 1:00 Bridge 1:30 HUGS 2:00 Spiritual Cinema	7:30 Hiking Group 8:30 Ceramics 8:30 Patio Breakfast 9:00 Aerobics / Manicures 10:00 Blood Press. & Glucose 10:00 Skin Cancer Screening 12:00 Lunch / 12:45 Red Hatters 1:00 Square Dancing 1:00 Chronic Cond. Workshop 2:00 Strength Conditioning	9:30 Yoga 10:00 Scanners 11:15 Chair A'Robics 12:00 Lunch 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play
9:00 NIA 9:30 Pinochle 9:30 Computer Lab 10:00 Tooele Breakfast Trip 10:15 Yoga 11:00 Attorney 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge 2:00 Inspirational Cinema	7:30 Hiking / 8:30 Ceramics 8:30 Patio Breakfast 9:00 Aerobics / Blood Testing 10:00 Blood Pressure/Glucose 10:30 Basic I / Tai Chi 11:30 Entertainmt/12:00 Patio Lunch 12:30 Music on Computer 1:00 Square Dance 1:00 Chronic Cond. Workshop 2:00 Strength Conditioning	9:30 Yoga 10:30 Brown Bag 11:15 Chair A'Robics 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play
9:00 NIA 9:30 Pinochle 9:30 Computer Lab 10:15 Yoga 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge	7:30 Hiking Group 8:30 Ceramics 8:30 Patio Breakfast 8:45 Internet / 9:00 Aerobics 10:00 Blood Pressure/Glucose 10:30 Tai Chi / Basic I 12:00 Lunch / 12:30 Excel 1:00 Square Dancing 1:00 Chronic Cond. Workshop 2:00 Strength Conditioning	9:00 Massage Therapy 9:30 Yoga 11:15 Chair A'Robics 12:45 Bingo 1:00 Bridge Play
9:00 NIA 9:30 Pinochle 9:30 Computer Lab 10:15 Yoga 11:00 Outreach Worker 11:15 Chair A'Robics 12:00 Lunch 12:30 Greeting Cards 12:45 Bingo / 1:00 Bridge	8:30 Ceramics 8:30 Breakfast / 8:45 Email 9:00 Aerobics / Manicures 10:00 Blood Pressure/Glucose 10:30 Tai Chi 12:00 Lunch / 12:30 Excel 1:00 Square Dancing 1:00 Chronic Cond. Workshop 2:00 Strength Conditioning	

Travel with friends...

## Center Trips



\*\* EACH PERSON MAY REGISTER FOR THEMSELVES AND NO MORE THAN ONE OTHER PERSON FOR EACH TRIP \*\*

Thursday, September 14, 8:30

### Wendover

Travel to Wendover on **Thursday, September 14** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the **cost is \$15** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus.

Depart the Center at **8:30 am** and return at approximately **7:00 pm**. You may sign up for this trip at this time...space is limited..□

Tuesday, August 22, 9:30

### How Sweet It Is! Candy Factory Tour

Join with fellow sweet-tooth friends and travel to the **Sweet Candy Company** for a tour of the factory and a treat or two for your trouble. The Center bus will depart at **9:30** for this 40 minute guided tour of the factory. Cost is \$2 and sign up starts August 1. We will return to the Center in time for lunch. Participants are requested to leave behind all jewelry, purses, hats, and objects which can fall into the machinery and vats of the sweet sticky candy. Free tastes will be provided and a gift shop will provide opportunities for the chocolate addict to stock up for the summer.

### \*\*\*Trip Registration Policy\*\*\*

The Heritage Center bus only seats 20 passengers. This means trips can fill up very quickly! In order to try and make things fair for everyone, you may only sign up for yourself and **one** other guest. We hope this will allow more people to have an opportunity to go on the trips. If we allow the first five people who come in the door or call on the phone to sign up their four friends, trips would be full after the five people leave the building. This is why we have the policy only allowing participants to sign up for themselves and one other person. Thanks for your understanding when we tell you the third and fourth friends in your group need to make their own reservation. We have also started adding a trip sign-up date to most trips. We will try to make this date at least a week after the newsletter is out so that everyone has a chance to sign up for trips.

Tuesday, August 8 - 10:30

### Lunch Bunch goes to Ruth's Diner

Join this group of Center friends and travel to a new restaurant once a month...just for the fun of it. The Center bus will depart at 10:30 and travel up Emigration Canyon to Historic Ruth's Diner on **Tuesday, Aug 8**. The cost is \$2 for transportation and lunch is on you. Sign up starts August 1. Do you have a favorite restaurant for next month? Give George your request. □

Wednesday, August 16, 10:00

### Tooele for Breakfast

Once again the Center bus will be headed to the Tooele Senior Center for the "Best Breakfast in Utah" and music performed by the Tooele Center's volunteer band. The bus will depart the Center at 10:00 Aug 16 and return about 1:00 pm. **Cost is \$5** for transportation and the breakfast. Bus capacity limited to 19 participants. Sign up now for this trip.

### Payson for Salmon Fri. Aug. 4 - 2:30pm

It is time for the Payson Salmon Dinner once again. The Center has chartered Le Bus which will be heading for the Payson City Memorial Park at **2:30 pm on Friday August 4th**. and return about 6:30. The price for this trip is **\$21**. Registration is required and sign up has begun.

Enjoy fresh salmon grilled over dried fruit wood and served with baked potato, corn on the cob, and more. Plan to spend a beautiful summer day with a friend and enjoy this traditional Payson treat.

## MORE TRIPS.....MORE TRIPS.....MORE TRIPS.....MORE TRIPS.....

### Sundance Resort Tue., Aug 15 - 9:30

Join the Center on **Tuesday, August 15** for a trip to Sundance Resort. The bus will leave the center at **9:30**. The lift, which takes skiers to the various runs during the winter, will provide a panoramic view of the mountain as you ride to the top of Ray's summit. Breathing taking views of Mount Timpanogos and the Sundance Resort will entertain you for the better part of an hour in the open lift chair...sun screen and a hat are recommended. The day include time to visit the Art Center. The artistic work of past "Artist in Residence" will be on display to look at. Everything from pottery, glass, paintings and more.

Lunch will follow the lift ride. A box lunch from Kneader's Bakery will be provided, if you select that option, and one may select from a ham, turkey, or roastbeef sandwich. **OR**, you may enjoy a light lunch at the Sundance Deli while sitting on the deck outside or up on the mountain side. The deli offers sandwiches, wraps, pastries, and more. **OR**, a more complete selection of lunch items is available at the Foundry Grill where menu items begin at about \$10. After lunch the Sundance General Store will present the opportunity to do a little shopping. The store offers a variety of Native American crafts, clothing, jewelry, and sundance logo items.

The cost of this rewarding outdoor experience is \$15 with a box lunch and cold water provided **OR** \$8 and lunch is left up to your choice at the resort. You may sign up for this trip now.

### Trip Tips

☐ You may only register for yourself and one guest.

☐ Trips are paid for at the time of registration.

☐ Registration may be made in person or over the phone with a visa or mastercard or use money on your Heritage account.

☐ You may only save your own seat and the seat next to you (not the ones behind you or across from you.)

☐ Dress for the weather. Hot outside, cool inside air conditioned buildings.

☐ Wear good walking shoes because the entrance to buildings is not always close.

☐ Introduce yourself to others on the bus and have fun!

### Fall Colors - Thursday, September 28 at 9:30

It is already time to think about cooler weather, turning your heater on, and yes fall leaves. The Center's annual Fall Colors trips is just around the corner. The adventure will take place on **Thursday September 28**. The bus will leave at **9:30**. Cost for this trip is \$22. Registration begins on August 7.

This year the Center will travel on a chartered bus up Big Cottonwood Canyon, up to Brighton Ski Resort. Participants will have the opportunity to get out and walk around Bright Ski area. From Brighton the bus will head back down the canyon for a leisurely lunch and then home.

Lunch will be at the Silver Fork Lodge. For lunch you have a choice of Meat Loaf or a hot Open faced Turkey Sandwich with slices of roasted turkey covered in gravy. Both lunches come with a salad, potatoes and gravy, and your choice of Blackberry Cobbler ala mode or Apple Crisp ala mode. You will also have your choice of a soda, ice tea, or coffee.

The Silver Fork Lodge offers year-round lodging and a full service restaurant. The Silver Fork has become famous for their hospitality and authentic homemade meals, a 50 year old sourdough pancake starter, as well as a succulent "Canyon Pepper Steak." The Lodge is one mile from Solitude Ski Resort and three miles from Brighton Ski Resort.

Join the Center for a day of beautiful scenery, good food, and good company.☐

## RECREATION...RECREATION...RECREATION...RECREATION...RECRE

### News Behind the 8 Ball

Pool equipment is provided for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building and shoot a rack. New players are welcome. We will help you learn the games. □

### Pinochle - Wednesday's at 9:30

Pinochle tournaments are held on **Wednesday** mornings at 9:30 am. Players must check in no later than 9:15. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board. The Heritage County wide tournament was held Sat, June 17 and the winner was Johanna Oenes, 595. Winners from June weekly play were: *Louise Jensen 562, Tom Swope 705, Louise Jensen 600, Frank Bond 572.* □

### Bridge - Wed/Fri at 1:00

Informal Bridge play (Chicago/Party) is held on **Wednesday** and **Friday** afternoons from 1:00-4:00. Some players arrive early (around 12:30) to practice and start finding first round partners. If an even number of players are not available when the play begins at 1:00 then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room. High scores for June were: **Wednesday** - *Georgett 84, Jean Farmer 93, Jean Morris 85, Jean Morris & Boyd Larsen 78.* **Friday** - *Alma Smith 72, Jo Lemke 83, Jean Forman 83, Hal Lemke 82, Lois Hollstein 74.* □

### Canasta Games - Tuesdays 11:00 - 2:30

Canasta games are conducted on Tuesdays from 11 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free, anyone can join in on the fun.

### Bingo - Wed. & Fri. at 12:45

Bingo is played every **Wednesday** and **Friday** immediately following lunch. Bingo is free and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. Donations are appreciated and used to purchase the certificates and prizes for bingo days. A special *THANK YOU* to Village Inn for donating a pie each week for the elimination bingo game. Stop in for a meal and say thanks. Bingo volunteers needed - see George. □

### Line Dancing

#### Tuesdays-10:15 & 2:00

Enjoy some great exercise, stimulate your brain, and meet friends. **Tuesdays at 10:15** for all dancers and Tuesday afternoon at **2:00** for Beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog who dances with the Sandy Line Dance performing group. □ □

### Square Dancing

#### Thursdays 1:00-2:30

The Center's Square Dance is an activity which features time for beginners (1:00-2:00) as well as dance time for the more experienced (2:00-2:30.) The cost is \$1.50 per day and is paid when you arrive for the activity.

Our caller is Don Carlton, a veteran of more than 40 years of conducting square dance classes and dances. □

### Red Hatters - 2 days!

The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** each month at **12:45** to play BONKO and on the **3rd Thurs at 12:45** to play Hand & Foot. The next meetings are on Thurs., Aug 3 & 17. For additional information contact George at 284-4240.

## RECREATION...RECREATION...RECREATION...RECREATION...RECRE

### Golf League Reaches Mid-Season

Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100 or more players who will participate in each tournament. Those players who have not participated in this league in the past, but may wish to participate this season, should contact George Fenstermacher at 284-4240 for a basic orientation. Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$5 is to be paid when registering for the first tournament played.

8/14 Round Valley (\$39) - 8  
8/28 Bountiful Rdge (\$38)-8  
9/11 Toana Vista (\$35) - 9  
9/25 Murray (\$33) - 8:30  
10/2 Meadowbrook(\$33)-  
8:30

### Family Concert

The last family concert of the season will be held on Monday, August 14 at 7:00 p.m. with the Slick Rock Gypsies playing a variety of music from the roots of American History. All ages are welcome. The free concert is sponsored by the Murray Park's & Recreation Department (*Thank you!*)

In an attempt to make the dinner run more smoothly, advance tickets are needed. We will have very few dinners available the evening of the concert. So purchase in advance and order a hamburger or hotdog from the grill or chicken and rice from the kitchen. After purchasing your advance ticket, dinner will then be available from 5:30-7:00. The cost for dinner is \$4 for advance tickets or \$5 at the door.

Folding chairs are provided or you can bring blankets or lawn chairs. □

### Summer Afternoon's on the Patio Series

The Center's patio parties continue on **Thursday, August 17** at 11:30 with lunch and entertainment. Come and enjoy all the patio has to offer, the calming water fountain, the beautiful landscaping, and the new shade cover.

Enjoy grilled pork chops, fresh green salad, and a trifle dessert. As you eat sing along to the golden oldie music of the Hi-5's. Come and enjoy a great lunch and entertainment.

Pre registration is required, and the cost is \$5. Make sure to bring a friend, and enjoy a summer day on the patio. □

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*Thursdays 8:30-10:00*

### George's Heart-Healthy Breakfast Club

Each Thursday morning from 8:30 - 10. A menu of heart-healthy items will be prepared for your breakfast enjoyment. Eggbeater omelets, wholewheat pancakes, fruit, and orange juice will be served on the patio by volunteer chefs.

Join George, Ron, Moose, and the Heritage seniors for a weekly low cal, low carb, low fat, and low stress morning. Cost of the breakfast is \$3.00 and coffee and tea will be available at no additional charge. Advanced registration is not required. □

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### Mexican Fiesta-Monday Evening-Sept 18, 5-7pm

Join us as we close the season of Family Style Entertainment with an evening of Mexican style Music and food to delight lovers of the southwestern style of living here in Utah.

A buffet of enchiladas, rice, and beans will treat your palate along with fruit, chips, and salsa to compliment the meal which will be served at 5:00pm in our festive patio restaurant. An hour of live music will be performed by the **Mariachi America** starting at 6pm and you are invited to dance and "ole" as your heart desires.

Cost for this activity is \$7.00 and advanced registration will be required (\$6.00 for current AARP chapter 402 members). You may register for this activity at this time.

## SERVICES...SERVICES...SERVICES...SERVICES...SERVICES...SERVICES

### Outreach Worker Coming to the Center

Susanne Haselton from Salt Lake County Aging will be coming to the Center the last Wednesday of each month from 11- 12 Noon to answer any questions you may have regarding county programs, assisted programs, or services in your area. The following is news from Salt lake County:

The Health Insurance Information Program (HIIP) is hoping to recruit, train and place at least one volunteer in each senior center to assist people in obtaining access to the most beneficial Medicare health insurance.

The initial Health Insurance Information Program training will be held at AARP August 17<sup>th</sup> and 18<sup>th</sup>. Ongoing training and support will be provided through the Outreach Program at Salt Lake County Aging Services. If you are interested in becoming a part of this project please contact Susanne Haselton at 468-2478.

The Medicare Part D enrollment is NOT OVER. About 36,000 Medicare eligible residents of Salt Lake County are not enrolled in Medicare Part D programs. People who are becoming Medicare eligible are allowed to sign up for Part D and supplemental health insurance during their initial enrollment period. Low income individuals are allowed to sign up whenever they qualify for assistance. Changes in programs will impact demand during the open enrollment periods.□

### Manicures Thursday, Aug 10 & 24 (by appointment)

Karla Tall, a licensed and experienced nail technician, will be sharing her time and skills at the Center on the 2nd and 4th Thursdays each month. Appointments last about 40 minutes and will begin at 9:00 am. Cost for this service is \$10 and includes nail shaping, cuticle care, moisturizing, polish (if you wish), and great conversation.

Treat yourself to this health service. Register at the front desk for the date and time you wish. Gents are encouraged to avail themselves of this opportunity, as Karla also does **Men-icures**.□ □

### Brown Bag Friday, August 4 & 18

Pick up applications at the front desk for the brown bag food program sponsored by the Utah Food Bank. You must be 65+ with annual income less than \$14,355 for single or \$19,245 for couple.

**Friday  
August 4 & 18**

### Attorney Consultations Wednesday, Aug 16

An attorney will be available for free 20 minute legal consultations on **Wednesday, Aug 17, at 11:00**. Appointments are needed and are made at the front desk. At least three appointments must be made in order to have the attorney come to the Center.

Bring any documents and forms pertaining to the question you may have. The attorney will consult with you and advise you, provide additional services through Utah Legal Services at a later date, or attempt to refer you to other appropriate sources of help. The attorney will not attempt to represent you. □

### Heritage Center Scholarship Program

In an effort to enable all senior adults access to Center programs, activities, and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship Program is available. The scholarship provides \$50 per month to an individual to help pay for Center activities. The program is made possible by donations.

In order to be eligible for the Scholarship program, you must prove a financial need and meet certain criteria. Two scholarships are currently available. The income guidelines for 2006 are \$957/mo. individual or \$1284/mo. couple. Applications are available at the front desk or from the Center Director.□



## THANK YOU ...VOLUNTEER OF THE MONTH...THANK YOU

### Congratulations August Volunteer of the Month - Keith Knowlden

The first son of Lewis and Marvel Knowlden., Keith, entered the world on May 10th, 1929, at the old County Hospital on 21st south. Along with his younger brother, Nile, the family lived in an area once known as Chesterfield (27th S. and Redwood Road). The boys were expected to weed the acre-garden and to top beets and onions in support of the family during some pretty difficult times. Keith liked to play most sports but found swimming a favorite way to pass time during the warm months. "We'd swim several times each day and almost anywhere there was water...in the Jordan River, at the sand pits, and in the drainage ditch at Decker's Lake were some of our favorites". A singer of some renown, Keith sang one of the lead roles in the operetta *Bitter Sweet Ann* while attending Plymouth Jr. High School. He lived in the Tooele area for a few years and attended Tooele High until he left school to join the U.S.Navy and spend a few years at the Mira Mar auxiliary air field near San Diego. "It was a great opportunity to grow up and become a man" he recalls.

Following his commitment in the service, the young Mr. Knowlden worked at the Tooele Ordnance Depot for several years and then joined the staff at Kennecott where he served as a switch tender and later a truck driver. Keith drove the huge 120 ton trucks which were powered by two diesel engines which ran the electric motors which propelled the rear wheels. For 15 years he plodded up and down the steep roads inside the Bingham Mine until retiring in 1987 after 30 years with the corporation.

Arlene Adamson became Mrs. Knowlden in November of 1953 and they remained devoted mates until her death, from cancer, in 1994. Keith and Arlene raised two sons. One served as an accountant for the state and the other as a corrections officer at the state prison. His daughter works for a pharmaceutical company in Sandy. There is a giant family of grandchildren.

Keith and Faye were married in 1994 and reside in the south end of the valley with their pound puppy "Suki". Faye loves to crochet, sew, and quilt and can be seen at Keith's side during special Center activities. They have resided in both Mesquite and the Salt Lake Valley for several years as they seek to avoid the summer heat, the winter snow, and the IRS (by establishing residency in Nevada).

This enthusiastic and productive volunteer has served for several years as a member of the Golf League Advisory Board and as a Coordinator for the Center's weekly Pinochle tournaments. One cannot recall ever seeing Keith in a bad mood and his attitude always reflects a concern for the welfare of others. We share Keith's services with the West Jordan Senior Center where he also volunteers and plays pinochle. Playing poker is a delight for this competitive man... who has been known to come home from a session on the poker table having won, or lost, as much as 90 cents over a couple of hours.

The staff of the Heritage Center, the participants of the golf league, and the pinochle players wish to join with the Murray City Council and the Mayor's Office to thank Keith Knowlden for his spirited service to our community. Please join us on Wednesday, August 9 at 11:45 when Keith will be recognized as the Volunteer of the Month for August, 2006. □

## Wanted ... Bus Driver

Lowell Hart, the Center Bus driver will be retiring the end of August. He will be greatly missed as the Center driver but he will still keep coming to Center to stay in touch with friends. The position requires a CDL with a passenger endorsement and is approximately 10 hours per week of driving. Regular days are Wednesday and Friday from 9:30-11:15 and 2:00-3:45 plus the possibility of driving once a week for a scheduled trip. Applications are available at the front desk or Murray City Hall.

## Registration On-Line Coming Soon

The Heritage Center is part of the Murray City Parks and Recreation Department and the Parks and Recreation Department is just about ready to go on-line with registrations. This means that you will be able to reserve a pavilion on your computer as well as register for recreation programs or Heritage Center events. You may find some programs require specific information, forms, and or fee schedules that don't work with the on-line registration but many of the programs will soon be available on-line. Watch for more information to come in the September newsletter with web site and registration details.

## TRANSPORTATION

### Regular Heritage Center Service

The Heritage Center offers transportation to Murray residents on Wednesday and Friday in our 20 passenger bus. Advance reservations are needed and new riders need to fill out a brief application before your first ride. The bus picks up between 10:00-11:00 and returns riders to home after bingo (approximately 2:00). The cost is \$2 for a round trip ride. Please make sure you cancel your ride if you are not able to attend so that the driver does not include you on his route.

**The Center is currently looking for a bus driver for this service.**

The Center 20 passenger bus is also used for day trips. These trips are available to any senior and are not limited to Murray residents. See page 12 & 13 for the current trip schedule.

### Other Transportation Services

□ Salt Lake County Aging Services provides door-to-door transportation for seniors 60+ to essential services such as medical appointments, prescription pickups and visiting institutionalized family members. Transportation is available for those who cannot use public transportation and have no other resources. Please call one week in advance. (801) 468-2464

□ UTA's has fixed route buses and TRAX available for a reduced cost to seniors. A bus stop is available at 6100 South and State (just one block north of the Center.) The senior fare for fixed-route buses and TRAX is 70¢ per ride. This is a discounted full fare ticket and is good for two hours from time of purchase. Call 1-888-743-3882 and tell UTA where you want to go. They will tell you which buses and/or TRAX trains you'll need to take to get you to your destination.

□ UTA's paratransit service (flextran) is a service of the Utah Transit Authority, for people with physical, cognitive or visual disabilities who are functionally unable to independently use the UTA fixed route bus service.

All persons seeking eligibility for Paratransit Service ADA Program **must appear in person.** Call 566-2334 to set up an appointment for an interview/evaluation. The purpose of the evaluation is to determine whether the applicant can ever use the fixed route bus and TRAX light rail service.

The components of the Paratransit Service mobility evaluation include verification of disability, the applicant's own assessment of his/her ability to use the fixed route bus and TRAX light rail service, and a functional assessment, if needed. Information provided by a health care professional regarding the applicant's ability to use the bus may also be considered.

The application form will be completed at the time of the interview. □ □

## Wall of Support

The Wall of Support in the courtyard continues to grow. The next group of tiles is scheduled to be installed in the fall. The goal is to run out of wall space, and there's a lot of wall space! The cost for a personalized tile is \$125 for 3 lines of text or \$250 for 6 lines of text. Order forms are available at the front desk.

Tiles make great gifts, are a nice way to honor friends or family, or can be used as a memorial.

Thank you to the following individuals and families who purchased tiles last month:

- Family of Bessie Kosovich
- Charlie Stevens □

*35th Annual Concours d'Elegance*

## Car Show

The Salt Lake County Senior Citizens Center Car Show will be held at the South Towne Expo Center on Friday and Saturday August 25 & 26, 10:00 AM - 11:00 PM and Sunday, August 27 from 10-6. The cost is \$8 for seniors and \$10 for adults. **Seniors can get in free on Friday morning.** Tickets are available at Albertsons and Discount Tire. Proceeds go to Salt Lake County Senior Centers. This is the 35th year the car show has been held. □

## Chuck-A-Rama Cards

Discount cards are available at the front desk for a 15% discount at Chuck-A-Rama. The card is good for persons 60+ and the cost is \$1. In addition to the 15% discount after 10 visits you receive a free meal. All proceeds from cards purchased at the Heritage Center stay at the Heritage Center.

Thank you to the Chuck-A-Rama Buffet for providing the cards. This year the Heritage Center has received \$576 from card sales.

Purchase your card today and enjoy a meal at any Chuck-A-Rama Buffet. LOCATIONS:

- 744 E. 400 S., Salt Lake
- 6363 S. State, Murray
- 12300 S. Minuteman, Draper. □

## Memorial Gifts to the Heritage Center - July 2006

In **Memory** of **Bessie Kosovich**,

donations were given by Martha Smith and R.E. Wadley.

## Newsletter Donations

Each month at least 800 copies of the newsletter are printed. Newsletters range from 16 to 20 pages in length and cost over .60¢ per newsletter. Donations are greatly appreciated to help offset this cost. Donations can be given at the front desk or put in the donation box in the lobby.

The newsletter is the best way to get information out on new classes, speakers, trips, etc. Feel free to take extra newsletter to friends and neighbors and donate when you can.

Newsletter subscriptions are available for \$16 per year and are mailed to your home as soon as the newsletter arrives from the printer. The newsletter is also available in a PDF format on-line at [www.murray.utah.gov](http://www.murray.utah.gov) (follow the links to the Heritage Center page.) □

Choice of  
Chef Salad  
available daily

## AUGUST 2006 Heritage Center Menu

Make reservations by 12:30 the day before by calling **264-2635**

Lunch served at Noon. Purchase tickets by 11:50 a.m.

Cost is \$3.00 for persons 55+, Drinks .50¢, Takeout meal is \$3.50

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>LASAGNA</b> Tossed Salad Garlic Bread Fruit Gelatin Or Peaches	<b>RAVIOLI</b> Spinach Salad French Bread Tiramisu Or Pears	<b>PORK STIR- FRY</b> Rice Ice Cream Cake Or Apricots	<b>MEATLOAF</b> Mashed Potatoes Green Beans Roll Chocolate Cake Or Pineapple
<b>SALMON</b> Rice Pilaf Califlower Roll Pudding Or Peaches	<b>POTATO BAR</b> Green Salad Ice Cream Or Pears	<b>BAKED CHICKEN</b> French Fries Peas, Roll Peach Cobbler Or Apricots	<b>TACO SALAD</b> Watermelon Coconut Pie Or Mixed Fruit	<b>SPAGHETTI</b> Green Salad French Bread Fruit Parfait Or Pineapple
<i>Family Concert</i> <b>DINNER 5:30-7:00</b> Hamburger Meal or Chicken/Rice Meal <i>Slickrock Gypsies</i> <i>play roots of</i> <i>American Music at</i> <i>7:00 PM on Patio</i>	<b>BEEF FAJITA</b> Spanish Rice Watermelon Cookies Or Pineapple	<b>BAKED FISH</b> Boiled Potatoes Mixed Vegetables Roll Rice Pudding Or Pears	<i>Patio Party</i> <b>PORK CHOPS</b> Potato Salad Green Salad Roll Trifle Or Peaches	<b>BBQ CHICKEN</b> 1/2 Baked Potato Coleslaw Roll Banana Cream Pie Or Pineapple
<b>NO LUNCH</b> Staff Training	<b>ROAST BEEF</b> Mashed Potatoes Carrots, Roll Ice Cream Or Pears	<b>GYROS</b> Greek Salad Orange Cake Or Pineapple	<b>PHILISTEAK</b> SANDWICH Corn on the Cob Eclairs Or Pears	<b>STUFFED PEPPER</b> Roll Watermelon Brownie Or Peaches
<b>CRAB CAKE</b> Potato Casserole Broccoli Roll Yellow Cake Or Pineapple	<b>CHICKEN SALAD</b> <b>SANDWICH</b> on Croissant Chips Gellatin Salad Or Peaches	<b>SALISBURY</b> <b>STEAK</b> Noodles, Roll Mixed Vegetables Lemon Bars Or Mixed Fruit	<b>PIZZA</b> Fruit Bowl Strawberry-Short- Cake Or Apricots	